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The Future Of

Initiative 522

Labeling Genetically
Modified Food

FREE



Trekking as Pilgrimage

A Literal Path to
Personal Growth

Conscious Shopping

Buying Green, Not
'Greenwashed' Products

Ancestral Diets

A Lighter Shade
Of Paleo



EVERY ISSUE IS
A GREEN ISSUE

October 2013 | Seattle Edition | SeattleAwakenings.com

letter from publisher



Welcome to the October issue of *Seattle Natural Awakenings*!

In this issue, I am excited to bring you a deeper look into Initiative 522, proposed legislation that would require the labeling of genetically modified food in "Label It, Washington" (page 17). It will be on your ballot this fall, and if passed, would make Washington the first state in the nation to enact such a law. Not only would that be a victory for transparency

and truth in labeling, but we would be in good company: 64 nations now require labeling of genetically modified food. A similar measure failed in California last year after a handful of large companies outspent supporters of the campaign. However, I am hopeful that we have a fighting chance here in Washington to pass this important proposed legislation. As Yes On 522 campaign communications director Elizabeth Larter shared with me, these companies may have deep pockets and significant resources, but they are missing one thing: the passion and commitment of ordinary people who want a more transparent food system. If you're not familiar with the initiative, please read up, starting with our article on page 17. If you are familiar and want to see this law pass, then please take action: visit YesOn522.org to find out how you can get involved, find resources to share, and more.

Food can often be political, but it should always be delicious. In "Ancestral Diets" (page 24) we touch on the Paleo diet, a way of eating, proponents believe reflects what our pre-agricultural ancestors probably ate. The diet has become increasingly visible, and I love how it has steered more conversation around food to accepting healthy fats, like the coconut milk in our recipe for delicious Paleo-friendly curried carrot soup.

As you know, there's more to living lightly on this planet than healthy food. We need clothes, transportation, places to live and more. "Shop With The Planet In Mind" (page 12) offers myriad suggestions for keeping your lifestyle truly green. I'm also excited to announce the first annual Sustainable Living Directory coming in February 2014, which will be a fantastic, local resource for every aspect of green living. Find out more at SeattleAwakenings.com/SLG.

As always, we bring you more in these pages, so please enjoy!

To your health and happiness,



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contents



6



7



8

- 4 **newsbriefs**
- 7 **healthbriefs**
- 10 **inspiration**
- 12 **greenliving**
- 22 **fitbody**
- 24 **consciousseating**
- 27 **yogalife**
- 28 **calendar**
- 30 **classifieds**
- 31 **resourceguide**

advertising & submissions

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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

10 ALL THE TIME IN THE WORLD

Transforming Anxiety into Artistry
by Marney K. Makridakis



10

12 SHOP WITH THE PLANET IN MIND

Daily Choices Help Counter Climate Change
by Christine MacDonald



12

17 LABEL IT, WASHINGTON!

The Anatomy & Future of Initiative 522
by Ann Dorn



22

22 TREKKING AS PILGRIMAGE

A Literal Path to Personal Growth
by Sarah Todd

24 ANCESTRAL DIETS

A Lighter Shade of Paleo
by Sayer Ji and Tania Melkonian

27 SCARY YOGA

Step Outside The Comfort Zone
by Andrea Blair Cirignano



27

Darcy Marlow of Art Of Being Offers Art Workshop

Darcy Marlow, a licensed mental health counselor, will offer a workshop designed to enable participants to explore their individuality through making art. The workshop takes place October 24 from 6 to 9 pm.

"This workshop offers an opportunity for you to explore your strengths and resiliency through the powerful experience of art making in a safe and therapeutic environment," Marlow explains. Art materials are provided, and participants will leave the workshop with something to take home.

"You will leave the workshop with a finished piece that will serve as a tribute to who you are, what you can accomplish, and your essential place in the world as a unique human being," Marlow says.

Registration is required, and space is limited to 10 participants.

Marlow has a master's degree in mental health counseling and art therapy from Antioch University Seattle, and a master's degree in curriculum design from Seattle University, as well as a teaching credential for elementary school and art K - 12.

The workshop takes place on October 24, 6 - 9 pm at the Art of Being office on 12th Avenue, off of Yessler, near Seattle University. Directions will be given upon registration. \$40.00. Registration required, participants limited to ten. For more information and to register: 206-226-4062.



Deva Premal & Miten Bring MatraFest to Seattle

Deva Premal & Miten will be in Seattle on October 26 to bring the sacred spirit of India's ancient mantras to audiences at Center for Spiritual Living. The Seattle concert is part of the MantraFest 2013 Tour, the duo's 25-city North American tour, featuring special guests Manose, Maneesh de Moor and The GuruGanesha Band.

The couple fell in love playing meditation music together at an Indian ashram and have been sharing their love of that music with eclectic audiences across the globe ever since. For Premal, who was raised in the mystical traditions of the East, the spaces between the sounds are just as important as the music itself. "Music is nourishment, but then you have to give yourself time to take it in so you can reap its benefits," she observes.

Manose, a bamboo flute virtuoso from Nepal, is also featured on the couple's latest release, *A Deeper Light*. "If ever we were to doubt that we are supported by the divine, we just have to turn around and look to see who is with us," says Miten. "Manose is a gift from God. Just wait until you hear it all."

Location: Center for Spiritual Living, 5801 Sand Point Way NE, Seattle. For tickets, starting at \$30, visit Bright-StarEvents.net. Listen to samples at DevaPremalMiten.com. See ad, page 32.



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Saturday, November 23rd, 12-8 pm
Seattle Creative Arts Center
Music with SeaStar, 6-8 pm

More info: Dena-Marie.com

Learn How To Create, Coordinate & Execute Your Own Event

October 13th, 4-7 pm, \$30

Holistic business owners will learn how to successfully create a powerful and dynamic event. Sponsored by Seattle Natural Awakenings at Seattle Creative Arts Center, 2601 NW Market St, Seattle.

Register today by calling

Dena Marie: 425-350-5448 or Dena-Marie.com

Breema Center Director Releases New Book

Jon Schreiber, director of the Breema Center, has announced the release of his new book: *The Four Relationships And Other Essential Insights*. According to Schreiber, the book invites readers to explore their relationships to the body, the world, themselves, and their true nature.



"These four relationships provide a framework that enables us to usefully relate to the ingredients and issues of our life, and to find a meaningful posture towards and approach to the questions life places in front of us," Schreiber says, echoing the principles of Breema, a simple form of touch and body movement that helps participants experience the body-mind connection and unifying principals underlying all life.

"When body and mind are together, you begin to have a relationship to yourself," Schreiber continues. "Without this relationship, we don't really have a relationship with anything. We relate to the outer layer of people and phenomena, to the 'story' about them, but not to their actuality. Our mind and body have been separated for so long, we don't even know that something is missing. The good news is this—we can bring body and mind together."

Upcoming Breema events include *The Four Relationships*: Book Release & Experience Breema Evening, Wednesday, November 13 from 7 to 8:30 pm at East West Bookstore, 6500 Roosevelt Way NE, Seattle. Free.

Introduction to Breema takes place Friday, November 15 from 7 to 8:30 pm at Studio M'illumino, 6921 Roosevelt Way NE, Seattle. Free.

Breema: The Art of Being Present takes place Saturday and Sunday, November 16 and 17, and is a weekend workshop at Studio M'illumino. The workshop is suitable for people with or without prior bodywork experience, as long as they can comfortably sit and work on a carpeted floor. Continuing education credits available for bodyworkers.

For more information about the new book or to register:
510-428-0937 or Center@breema.com.



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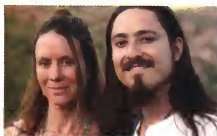
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Jaya Lakshmi And Ananda Yogiji To Sing Kirtan At East West

Kirtan musicians Jaya Lakshmi and Ananda Yogiji will sing and play various musical instruments to create an evening of kirtan, bhajan and original music for their audience.

Offering a combination of kirtan (call and response singing), mantra repetition, bhajan (devotional songs) and their original songs, Jaya Lakshmi and Ananda Yogiji mix English, Sanskrit and Gurumukhi and alternate guitar, harmonium, bansuri flutes and vocal weaving.

Jaya Lakshmi and Ananda Yogiji will sing on Saturday, October 12 at 7 pm at East West Bookshop, 6500 Roosevelt Way NE, Seattle. \$20. For more information and tickets: 206-523-3726.

Vegetarians of Washington Offers Free Vegetarian Lifestyle And Nutrition Class

Vegetarians of Washington will offer a free class titled "Vegetarian Solution" on Sunday, October 6 at 2 pm in Seattle.

"This class takes you by the hand and guides you through the many health and other benefits of a vegetarian diet, based on our acclaimed book *The Vegetarian Solution*," Vegetarians of Washington president Amanda Strombom says.

The class includes a vegetarian cooking demonstration and materials to take home.

"This full afternoon gives you all the information people tell us they most need when they're just getting started, and also some of the finer points for those already on their way," Strombom continues. "Come get your questions answered."

The class is part of a series being held around the Puget Sound.

Vegetarian Solution takes place October 6 at 2 pm at Upper Crust, 8420 Greenwood Ave N, Seattle. Free. Registration required: reservation@Veg-OfWa.org or 206-706-2635.



Dena Marie Offers Event Planning 101 To Holistic Business Owners

Local author, speaker and *Natural Awakenings* account manager Dena Marie will offer "Event Planning 101" on Sunday, October 13 from 4 to 7 pm at Seattle Creative Arts Center. The workshop will help participants learn to successfully create, coordinate and execute an event that helps promote their business or practice.

"Do you have an idea for an event? Think about it often but can't get the ball rolling?" Dena Marie asks. "This workshop will pinpoint what is stopping you and then help you finish what you have started."

Participants are encouraged to bring business cards and flier to network with other attendees. The event is \$30 for the general public and free to advertisers in *Seattle Natural Awakenings*.

Event Planning 101 takes place Sunday, October 13 from 4 to 7 pm at Seattle Creative Arts Center, 2601 NW Market St, Seattle. \$30. Registration required: 425-350-5448 or Dena@Dena-Marie.com.

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Dulse Seaweed a Heart Health Powerhouse

Dulse (*palmaria palmata*), a protein-rich red seaweed, could become a new protein source to compete with current protein crops like soybeans, according to scientists at Ireland's Teagasc Food Research Centre. Dulse harvested from October to January usually has the highest protein content.

This functional food also contributes levels of essential amino acids such as leucine, valine and methionine, similar to those contained in legumes like peas or beans. It may even help protect against cardiovascular disease. The Agriculture and Food Development Authority reports that for the first time, researchers have identified a renin-inhibitory peptide in dulse that helps to reduce high blood pressure, like ACE-1 inhibitors commonly used in drug therapy.

MERCURY RAISES RISK OF DIABETES AND HEART ATTACKS

Exposure to mercury in young adulthood can trigger serious health issues later in life, according to two recent studies. New Indiana University research confirmed a link between mercury exposure and diabetes in young adults ages 20 to 32 at the beginning of the study in 1987, and was periodically reassessed six times through 2005. Those with high mercury levels at the beginning of the study were 65 percent more likely to develop Type 2 diabetes as they aged.

Also, Swedish researchers report that high mercury levels from eating contaminated fish leads to a higher risk for heart attacks in men. However, eating clean coldwater fish high in healthy omega-3 fatty acids, like salmon, countered the increased risk from the mercury exposure, according to conclusions published in the *American Journal of Clinical Nutrition*.



Acupuncture's Growing Acceptance

One in 10 American adults has received acupuncture at least once and nearly half of them say they are "extremely" or "very" satisfied with their treatment, according to a survey sponsored by the National Certification Commission for Acupuncture and Oriental Medicine. Sixty percent of survey respondents readily accepted the idea of acupuncture as a treatment option, and 20 percent have used other forms of Oriental medicine, including herbs and Chinese bodywork.

Acupuncture and Oriental Medicine Day is observed on October 24. For more information, visit aomday.org.



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Ease Sleep Apnea with Herbs

Sleep apnea is a serious health problem in which the sleeper can stop breathing as often as 30 times an hour. Conventional medicine says that apnea is caused by a sagging soft palate or some other obstructive tissue in the throat. Not so, says Master Herbalist Steven Frank, of Nature's Rite, who believes that it is instead caused by a reduced signal from the brain to the diaphragm, prompting breathing to slow down or even causing the sleeper to stop breathing.

"After a short period of time, the brain realizes the need to breathe and forces a rapid inhalation, dragging any sagging soft tissues into the airway and disturbing the sleep cycle," he says, explaining such an obstruction as a consequence, rather than a cause.

Conventional medicine usually addresses sleep apnea with a continuous positive airway pressure (CPAP) machine. Using such a device can be costly and cumbersome, as well as uncomfortable, creating its own form of sleep disruption.

Frank suggests that a more natural solution to sleep apnea can be found by ingesting three simple herbs—lobelia, thyme and cramp bark. These work together to intensify the signal from the brain to the diaphragm, increasing lung efficiency, relaxing related skeletal muscles and so providing relief.

For more information, call 888-465-4404 or visit NaturesRiteRemedies.com. See ad, page 10.



MORE PLASTICS, MORE OBESE KIDS

A causal link between the worldwide epidemic of childhood obesity and phthalates commonly used in soft plastics, packaging and many personal care products is becoming more evident. A Korean study from Sanggye Paik Hospital at the Inje University College of Medicine, in Seoul, shows that the risk of childhood obesity increases with the level of DEHP (di-2-ethylhexyl phthalate) in the bloodstream.

The study indicates that phthalates may change gene expression associated with fat metabolism. DEHP in particular is a suspected endocrine disruptor, or hormone-altering agent. Children with the highest DEHP levels were nearly five times more likely of being obese than children with the lowest levels. The scientists studied 204 children ages 6 to 13, of whom 105 were obese.

A chemical commonly used to soften plastics, DEHP is found in some children's toys, as well as myriad household items. Phthalates can be found in pacifiers, plastic food packaging, medical equipment and building materials like vinyl flooring. Personal care products such as soap, shampoo and nail polish may also contain phthalates.



Grapes Grapple with Metabolic Syndrome

It's high season for grapes, and consuming any variety of this sweet fruit—red, green or black—may help protect against organ damage associated with the progression of metabolic syndrome, according to new research presented at the 2013 Experimental Biology Conference, in Boston. Natural components in grapes, known as polyphenols, are thought to be responsible for this benefit.

Metabolic syndrome comprises a cluster of conditions—increased blood pressure, high blood sugar level, excess body fat around the waist and abnormal cholesterol levels—that occur together, increasing the risk of heart disease, stroke and diabetes.

Working with lab animals, researchers found that three months of a grape-enriched diet significantly reduced inflammatory markers throughout the body, most significantly in the liver and abdominal fat tissue. The diet also reduced the fat weight of the animals' liver, kidneys and abdomen compared with those that were on a control diet. The grape intake also increased markers of antioxidant defense, particularly in the liver and kidneys.

"Our study suggests that a grape-enriched diet may play a critical role in protecting against metabolic syndrome and the toll it takes on the body and its organs," says lead investigator E. Mitchell Seymour, Ph.D., of the University of Michigan Health System. "Both inflammation and oxidative stress play a role in cardiovascular disease progression and organ dysfunction in Type 2 diabetes."

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4 Natural Remedies for PMS

Most women struggle with at least one symptom of PMS during their lifetime. While some may choose over-the-counter medications or hormonal birth control pills to alleviate the symptoms, there are plenty of simple, natural remedies women can turn to instead.

- **Yoga.** While it's not recommended to do a high-impact yoga practice during your cycle, restorative poses like Queen's Pose (also known as Supported Bound Angle Pose) support opening the hips and may help relieve symptoms like constipation and abdominal cramps.

- **Nutrition.** It should go without saying that broccoli is good for everyone, but dark leafy greens and cruciferous vegetables are crucial for balancing hormones. Many symptoms of PMS are caused by an imbalance in the reproductive hormones. Eating foods like spinach, kale, broccoli, cabbage, and cauliflower throughout the month may help the body regulate its hormone levels. Avoid caffeine, refined sugar and carbs for best results.

- **Herbs.** One of the simplest and most popular herbal treatments for menstrual maladies is red raspberry leaf, particularly in tea form. For best results, steep this herb in a covered mug for 10 minutes before drinking. Red raspberry leaf contains alkaloids that tone the uterine muscles and can help guard against cramps.

- **Sleep.** Getting too little sleep can impact the menstrual cycle. Lack of sleep puts stress on the body, which throws your hormones into imbalance. Women can help ensure they get 7 to 8 hours of quality sleep per night by keeping their bedrooms dark, turning off electronics at least one hour before bedtime, or taking a warm bath before turning in.

Learn more about healthy, natural menstruation at GladRags.com



Cavities are Contagious



Can a kiss lead to a cavity? Yes, says Middleton, Wisconsin dentist Chris Kammer, president of The American Academy of Oral Systemic Health. He contends that cavities can be caused by bacteria that are passed from one person to another, just like a cold or the flu.

"We aren't born with tooth decay-causing bacteria," says Kammer. "At some point, it is introduced to us from an external source, usually a family member," through sharing food utensils, licking pacifiers, kissing and more. "Then it takes up residence in our mouths,

where it is fed by sugars, which cause the bacteria to produce acid."

Cavity-causing bacteria can be transmitted by sharing food, by drinking out of the same glass and by toothbrushes that make contact with the bathroom counter. If bacteria is not removed from teeth (existing in a protective biofilm called plaque), the acid byproduct is able to directly reach and soften tooth surfaces, creating the holes called cavities.

Easy solutions to the problem start with good oral hygiene for both parents and kids and proper brushing from a very young age, starting with finger brushing as soon as the first tooth erupts. Kammer advises making it fun and thus habit-forming when kids become old enough to do it themselves; one new interactive toothbrush times kids to ensure they brush the dentist-recommended two minutes.

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All the Time in the World

Transforming Anxiety into Artistry

by Marney K. Makridakis



Ask American adults if they're anxious about time and they'll likely say yes. Our society even deems it expected, acceptable and normal to experience such stress, but is it necessary? It's helpful to explore what is at the root of our problems with time and why we believe we benefit from worrying and complaining about it. Both are good first steps to releasing ourselves from the drama

of getting caught up in and blaming time as a convenient catchall. Which of the following rationales apply to us personally?

"If I can complain about being busy, I don't have to examine other areas in my life."

"My schedule is wrapped up with my self-esteem; being 'too busy' means that I'm successful."

"Worrying about time gives me

something to talk about."

"I don't plan things I might enjoy because it can be too demanding or even scary—it just feels easier and safer to be bored."

"Worrying about time is a convenient excuse for not following my dreams."

Once we identify the perceived payoffs from worrying about time, we can see them for what they are: illu-



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sions that keep us from living our true potential. Awareness allows us to make a different choice and to partner with time, instead of working against it.

Einstein proved that time is subjective, illustrated every time we compare an hour in a dentist's chair to an hour in the company of a loved one. Time behaves and feels differently based on many variables, like emotion, engagement, flow, desire, interest, pain and pleasure. Our perspective counts. With capricious factors dancing around in our every moment, we can see why time isn't constant.

Happily, we can use the relative nature of time to our advantage and choose what our relationship with it will be. Consider that with each instance we choose how we talk about, measure and experience time, we are actually creating a new paradigm of time for ourselves.

We can relinquish general views and limitations of time that hinder us and emerge into the possibilities of time as anything but a defined line. It can be a vibrant, completely moldable, layered, multifaceted work of art that we may adapt as we wish, to custom design each and every day.

Marney K. Makridakis of Dallas, TX, is the author of Creating Time: Using Creativity to Reinvent the Clock and Reclaim Your Life. She founded Artella magazine, the ARTbundance philosophy and the ArtellaLand.com community.

Autumn is
a second spring
when every leaf
is a flower.

~Albert Camus



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Shop with the Planet in Mind

Daily Choices Help Counter Climate Change

by Christine MacDonald

Until recently, we've been asked to choose between the economy and the environment. Now we're realizing that the two are closely linked, and that our continued prosperity depends on how well we take care of the natural systems that sustain life—clean air, water, food and an overall healthy environment.

Although the worst impacts of climate change are still decades away, experts say it's already a costly problem. In 2012, U.S. taxpayers spent nearly \$100 billion—approximately \$1,100 apiece—to cover crop losses, flooding, wildfires and other climate-related disasters, according to the Natural Resources Defense Council. That's more than America spent last year on education or transportation.

Given the lack of action on climate change by Congress, more Americans are looking to leverage their purchasing power to make a difference. Yet, as consumers trying to “shop their values” know, it's often difficult distinguish the “green” from the “greenwashed”. *Natural Awakenings* has rounded up some tips that can help.

Dismiss Meaningless Labels

Urvashi Rangan, Ph.D., who leads the Consumer Safety and Sustainability Group for *Consumer Reports* and its Greener Choices and Eco-labels online initiatives, says companies take far too many liberties in product labeling. The dearth of standards and consistency across the marketplace has rendered terms like “fresh,” and “free range” meaningless. Also, there's more wrong than right about the “natural” label put on everything from soy milk to frozen dinners, she says.

While critics of the U.S. Department of Agriculture's USDA Organic label say its regulations are not tough enough, Rangan says at least we know what we're getting. The same is not true of many claims decorating consumer goods, Rangan advises. Plus, producers get away without identifying myriad other controversial practices, she says, including genetically engineered ingredients.

To help consumers protect themselves, the Consumer Union and other nonprofit public advocates have made their evaluations easily accessible via cell phones and iPads. The Web-based Good Guide's evaluations of more than 145,000 food, toys, personal care and household products are at shoppers' fingertips via an app that scans product barcodes on the spot.

Calculate Impacts

A number of easy-to-use online tools help us understand the far-flung impacts of a purchase, including on humans and habitats. The Good Guide, for instance, employs chemists, toxicologists, nutritionists, sociologists and environmental lifecycle specialists to evaluate a product's repercussions on health, environment and society.

Sandra Postel, who leads the Global Water Policy Project, has teamed up with the National Geographic Society to devise a personal water footprint cal-

Who's Buying Organic or Natural Foods?



Courtesy of CR Mechanick Research and Environmental Systems Research Institute

culator. It helps people understand the wider environmental impacts of their lifestyle and purchasing choices, and provides options for reducing their footprints and supporting water replenishment efforts.

"It takes a per capita average of 2,000 gallons of water each day to keep our U.S. lifestyle afloat," twice the world average, calculates Postel. The typical hamburger takes 630 gallons of water to produce, for example, while a pair of jeans consumes 2,600 gallons, most of it to grow the necessary cotton.

Water is just one of numerous resources overused in the United States, according to author and journalist Danielle Nierenberg, co-founder of Food Tank. "We overbuy food. It goes bad and ends up in landfills," where it lets off methane, a powerful greenhouse gas, as it decomposes.

"We also over-order at restaurants," observes Nierenberg, whose think tank focuses on the interrelated issues of hunger, obesity and environmental degradation. Overall, the U.S. annually accounts for 34 million tons of food waste. "Part of the problem is we've lost home culinary skills," says Nierenberg, who says we need to rethink how and how much we eat. "We don't really understand what portions are," she adds.

Share Instead of Buy

Collaboration characterizes the broader trend in careful consuming that relies on cell phone apps. Sometimes known as the "sharing economy" or "collaborative consumption", initiatives can range from car and bike shares to neighborly lending of lawn mowers and other tools and sharing home-grown produce. One of the more innovative food-sharing options is Halfsies, in which diners at participating restaurants pay full price for a meal, but receive half of a full portion, effectively donating the cost of the other half to fight hunger.

Whatever the product, experts say, the new sharing business model is part of a fundamental shift in how people think about consuming, with the potential to help us reduce our personal carbon footprint and contribute to a more sustainable future.

Christine MacDonald is a freelance journalist in Washington, D.C., who specializes in health, science and environmental issues. Learn more at ChristineMacDonald.info.

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Signs Of Changes To Come

Without actions to significantly curb greenhouse gas emissions, air temperatures could increase as much as 11.5 percent by 2100, according to the U.S. Environmental Protection Agency (EPA).

While the United Nations Framework Convention on Climate Change pledged in 2009 to keep warming from increasing more than 3.6 degrees Fahrenheit, more recent reports by the World Bank and other institutions warn that the goal may be unrealistic. Continued global warming could cause widespread drought, flooding and other changes, with disastrous consequences. Here are some of the ways climate change has already impacted our lives.

Temperatures: The average global temperature for 2012—about 58.3 degrees Fahrenheit—was the ninth-warmest year since record keeping began in 1880. It was also the 36th consecutive year that the global temperature surpassed the 20th-century average, according to the National Climate Data Center at the National Oceanic and Atmospheric Administration. The problem comes alive in a video at Tinyurl.com/NASAEarthTemps.

The EPA reports that the number of days that temperatures will exceed 90 degrees Fahrenheit is expected to increase throughout the U.S., especially in areas that already experience heat waves.

Drought: Drought struck two-thirds of America's lower 48 states last year, and continued into 2013 in many parts of the country, costing billions of dollars in crop failures and damage from resulting wildfires.

Extreme storms: East Coast weather has become wilder, with storms such as Hurricane Irene and Superstorm Sandy wreaking unprecedented losses in human life and property.

Freshwater supplies: As melting shrinks glaciers' historic footprints, reducing the amount of springtime snow-melt, and we continue to deplete groundwater faster than it can be replenished, conflicts between agriculture, industry and municipalities over water are expected to increase. Meanwhile, rising sea levels near some seashore cities have already led to incursions of saltwater, contaminating underground freshwater systems.

Rising sea levels: Since 1870, the global sea level has risen by about eight inches, according to the EPA. By the end of this century, it estimates that New York City could see a rise of 2.3 feet and Galveston, Texas, 3.5 feet. Other studies say those estimates are conservative. Research published in the *Proceedings of the National Academy of Sciences* in July concluded that a rise of 3.6 degrees Fahrenheit could result in a corresponding rise in sea levels exceeding 13 feet.

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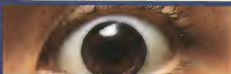
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All photos courtesy Nature's Path Organic Foods

Label it, Washington!

The Anatomy & Future of Initiative 522

by Ann Dorn

This fall, Washington voters will decide whether to pass Initiative 522, requiring labeling of genetically modified organisms (GMOs) found in whole or packaged foods sold in the state. While it would not mandate labeling of animals that ate genetically engineered food, it would require labeling if the animal was genetically engineered itself, such as AquaAdvantage salmon, a genetically engineered fish the FDA has recommended approving for mass production. Nearly 80 percent of packaged conventional foods are estimated to contain GMOs, according to the Grocery Manufacturer's Association, and most consumers are continually exposed without realizing which products contain the genetically engineered ingredients.

Proponents of the initiative praise the prospect of greater transparency and say it would help bring Washington export markets up to global standards, but critics argue the initiative would be prohibitively expensive to implement and would drive food prices higher. The Yes on 522 campaign and numerous local and national backers have steered clear of debates over the safety of GMOs, instead focusing on consumer choice and reassuring the public of the relative ease of implementing labeling requirements.

Economic impact & consumer choice

Randy Hartnell, founder and president of Vital Choice Seafoods, a sustainable and wild-caught seafood home delivery service, says that messaging and commercials produced by opponents of the initiative are misleading at best when it comes to the cost of companies adapting to the initiative's requirements.

"The claims they are making are not true," Hartnell says. "It doesn't cost us more to add a couple words to a label. We update labels all the time."

Andrew Stout, founder and chief farmer at Full Circle, one of the region's largest organic and sustainable food delivery services, echoes the sentiment that consumer transparency should take priority over industrial food profits largely benefiting only a few big companies.

"This is not about whether GMOs are good or bad," says Stout. "This is simply a right of the consumer to make an educated decision, and the marketplace and growers can respond to that consumer demand."

In addition to giving shoppers a choice, Stout also sees another level of economic advantage for non-organic farmers and would-be organic farmers who have not acquired the sometimes costly organic certification.

"I do think this will make a broader and more level

playing field for food companies and providers, whether they are growers, manufacturers or providers," Stout explains, noting that conventional farmers may find an advantage in labeling their products non-GMO, which will allow them to appeal to a segment of the market that prefers healthier choices but doesn't always buy organic.

If GMOs continue to go unlabeled, proponents of I-522 say there are severe consequences on the horizon for the economy. Washington's wheat and apple producers will find it increasingly difficult to market their crops internationally, as the list of nations that require GMO labeling grows, causing importers to increasingly look with suspicion at crops from a region where there is no legal requirement to label genetically engineered foods. In July, wheat futures fell 11 percent after GMO wheat was found unintentionally contaminating a field in Oregon. With 85-90 percent of Washington wheat being sold overseas, according to the Washington Grain Commission, and 64 nations now requiring labeling of GMO imports or banning them outright, proponents believe that the industry must embrace GMO labeling to stay competitive.

"The issues are not just about food safety and health, it's also about the economics of it," says Seattle City Council member Richard Conlin, who sponsored a resolution to endorse I-522 that was approved by the Seattle City Council.

"We're concerned that there are so many countries asking for GMO labels, why would we not do that in our country?"

Conlin says that he believes a majority of Seattle residents are in favor of the initiative.

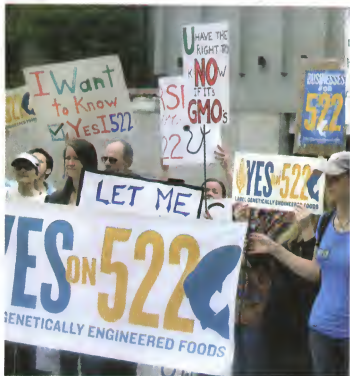
"The key thing is that when we're trying to put together a really sustainable local food system, we need to make sure that is something everybody will have confidence in," he finishes.

Washington's wheat and apple crops are not the only local crops that will be affected. Without the passage of labeling laws, the Northwest wild salmon industry could be devastated, Vital Choice Seafood's founder Hartnell says.

"A lot of consumers feel that if genetically modified salmon is allowed to go on the market unlabeled, they will avoid salmon altogether," Hartnell explains. A fisherman by trade for over 20 years before starting Vital Choice Seafoods, Hartnell experienced firsthand the decimation of the Northwest salmon fishing industry when farmed salmon was introduced.

"What drove me and thousands of other fishing families out of fishing was consumer's inability to differentiate between farmed and wild caught salmon," Hartnell says, noting that when farmed salmon hit the market at lower prices, Northwest fishing families were left reeling.

"Almost overnight, we had no market," Hartnell says. "Our prices collapsed and our industry was in dire straits." Hartnell started Vital Choice Seafoods in response to this collapse.



"Vital Choice grew out of our desire to educate consumers about the many important differences between wild and farmed salmon," he says.

However, Hartnell he sees a storm coming if GMO labeling is not enacted soon. The transgenic AquAdvantage salmon set to appear on the market soon grow 50 percent faster than wild salmon, thanks to an "anti-freeze" gene from the Ocean Pout being inserted into their genome.

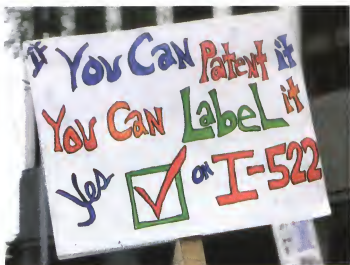
"If you're a salmon farmer, that's great, because that means less feed and veterinary drugs to grow a pound of fish. If profit is your priority, that's a good deal," Hartnell says, comparing the new AquAdvantage salmon to the profit-centric industrial chicken, pork and beef processing models.

The problem from an economic point of view is that without GMO labeling, consumers will have little idea

"Thousands of physicians are now telling their patients to avoid genetically modified foods, and their patients are reporting improvements in multiple disorders."

whether they are purchasing a genetically engineered salmon at the grocery store, and the lower prices of the AquAdvantage salmon promise to attack the bottom line of the Northwest's sustainable commercial fishing industry. Since wild salmon cannot be owned by a corpora-

tion, the industry is still largely untouched by giant business conglomerates, at least when it comes to catching fish: the Northwest's fishing families are actual families, many of whom have been making their living using low impact and sustainable methods in local waterways for generations. A significant percentage of fishermen and women are members of the First Nations, and the Columbia River Inter-Tribal Fish Commission has come out strongly against genetically engineered salmon and expressed concern in a recent state-



ment over how genetically engineered salmon will impact the First Nations residents of the Northwest.

"My sense is that family fishing people are 100 percent against GMO salmon," Hartnell says. "At the very least we should be able to tell the difference."

Sustainability and social justice implications

Although genetically engineered foods have long been promised to reduce pesticide and herbicide usage and feed more people, the promises have largely not lived up to the industry hype, according to major studies. Pesticide and herbicide usage did indeed decrease for the first few years when each GMO crop was introduced, but has skyrocketed 26 percent since 2001, according to the Wall Street Journal, as the insects and bacteria the crops are designed to repel grow increasingly immune. In response, farmers use more chemicals, and farm workers are now reporting the same number of acute poisonings, illness and injuries as breast cancer cases in the United States each year, according to environmental watchdog organization EcoWatch.

While tens of thousands of adults develop symptoms after working for industrial food growers, the children of migrant workers suffer disproportionately, with a 2002 study in the *Journal of Healthcare For The Poor And Underserved* showing that these children are statistically more likely to be underheight, show evidence of severely compromised immune systems, and suffer respiratory illnesses, recurring infections and chronic deficiency of vitamins, all linked to exposure to the toxic chemicals used in agriculture. The use of these chemicals aids the bottom lines of companies like Monsanto and DuPont, but research suggests it alters the courses of tens of thousands of lives, a cost that many conscious consumers find unacceptable.

"The fact that GMO crops do consume more pesticides is something that people should be able to research and find

out, and then make a decision whether they want that in the food they purchase," Stout says. "This is a growing trend in this information age, and information is basic—it shouldn't be something we have to fight for."

Hartnell adds that science can be used for the greater good, but when it comes to meeting shareholder demands for biotech and industrial food companies, people and the planet are suffering.

"I think genetic modification is a tool and could be used for good or bad, but presently the Monsantos of the world are using profit as their primary motive, as opposed to the health or wellbeing of people," Hartnell says, noting that genetically modified crops are almost always rushed to market, with the FDA historically entrusting safety studies to the very companies who stand to profit from them.

Unacceptable health consequences, little protection

Jeffrey Smith, author of the world's bestselling book about GMOs, *Seeds of Deception*, says that research has clearly shown consuming GMO food has serious health implications.

"Thousands of physicians are now telling their patients to avoid genetically modified foods, and their patients are reporting improvements in multiple disorders," Smith says. "Lab animals afflicted with autoimmune disorders, organ damage and other health problems get better when they remove GMOs from their diet."

Smith's research links GMO foods with gut permeability: holes in the intestinal wall that allow undigested proteins to pass through, triggering immune reactions, food allergies, health issues and causing a state of inflammation and toxicity.

"The majority of GMOs have high concentrations of herbicides like Roundup," Smith says, naming a popular herbicide sold by Monsanto. While farmers may love the fact that certain GMO crops are not killed by Roundup, allowing them to dump enormous amounts on their fields and kill weeds competing with their cash crops, the chemical concoction also kills beneficial bacteria and blocks nutrients.

The problems continue to mount. Genetically engineered corn has been bred to manufacture a toxin intended to kill insects known as "Bt," which recent study in the *Journal of Hematology and Thromboembolic Diseases* has linked to anemia and leukemia. A study published in 1999 in the *Life Sciences Journal* demonstrated mice suffered tissue damage, immune responses and reactions to foods that formerly were not allergenic after being fed GMO food. Dozens of published studies over the years show similar results in lab animals. The research is clear: GMOs are not safe for lab animals, and therefore unsafe for humans. The only studies showing no ill effects from genetically engineered foods are ones produced by the biotech giants

"It doesn't cost us more to put a couple words on a label. We update labels all the time, and there are many countries that require labeling GMO products as well, so it's a false claim."

themselves and heralded by the FDA as proof of safety.

Smith points to an unholy alliance between the food industry and government, noting that a "revolving door" phenomenon of biotech executives moving over to the FDA and back is public knowledge and has been going on for years.

"The biotech industry is known for lying about the toxicity of their products," Smith says. "The FDA knows that 90 percent of citizens want GMOs labeled but ignore these Americans in favor of just five companies."

Smith says that many cases exist of whistle-blowing scientists and researchers concerned about GMOs stepping forward, only to find themselves attacked by the industry.

"Whenever a scientist uncovers problems with GMOs, they are gagged, discredited or fined," Smith says. Smith acknowledges that genetic modification could someday offer benefits, but industry forces are currently more interested in profit than health.

"It is certainly possible that someday we can manipulate genes with genetic engineering for the benefit of health and the environment, but the current generation of GMOs is unsafe," Smith says. "It is fraught with unpredicted side effects and was rushed to the market long before the science was ready."

How the initiative is faring

The four leading donors to the No on I-522 campaign are the Grocery Manufacturer's Association, Bayer CropScience, Monsanto and DuPont Pioneer, according to public documents filed with the state of Washington. Contributors to Yes on I-522 include thousands of individuals, small businesses and food companies, with Dr. Bronner's Magic Soaps leading the way with a donation of nearly \$1 million. The Organic Consumer Fund Committee, Dr. Joseph Mercola, Nature's Path Foods and the Center For Food Safety Action Fund were also leading donors.

As of press time, thanks to a \$4.5 million dollar donation from Monsanto, No on I-522 has raised approximately three times the contributions of Yes on I-522, prompting some voters to remember the defeat of a similar initiative in California last year. However, Yes on I-522 communications

director Elizabeth Larter says the campaign has long been expecting deep pocketed resistance from industrial food corporations.

"This is going to be a competitive race where the opponents of labeling are going to outspend us," Larter says. "That is why we started this campaign early and are working hard to talk to voters as often as possible, and we are so pleased to see so many thousands of Washingtonians from all over the state and businesses support I-522."

While the opposition is extremely well-funded, the No on I-522 campaign lacks the grassroots initiative and passion found among supporters of the initiative, according to Larter.

"The opponents of labeling have dropped in over \$12 million as of mid-September," Larter notes. "Eight million came in the door in just one week. While we don't have those deep pockets, what we do have is you: informed voters who know that it is our right to know what's in our food."

Stout notes that over 7,000 individuals and businesses from Washington and beyond have lined up to financially back I-522, and while the sum of their donations is smaller, the number of small business owners and individuals advocating for I-522 shows deep rooted support.

"There are only five major corporations that are funding the no campaign, and none of them from in-state. This movement came from farmers in Washington and is supported by Washington consumers," Stout says. "This is about Washington residents and consumers making the call to have a more informed choice."

Larter encourages concerned citizens to take action to prevent the food industry's deep pockets from winning the vote.

"Help us combat the opposition's lies by volunteering, donating or helping share our message online by sharing our Mythbusters posts on Facebook and Twitter," Larter says, encouraging voters to visit YesOn522.org for shareable info, events and more ways to get involved.

For more information: YesOn522.org.

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— Larry

Be Aware of Hypothyroidism Symptoms

Low thyroid function, or hypothyroidism, is the most recognized and obvious indicator of low iodine intake because the thyroid gland contains more concentrated iodine than other organs. Symptoms can range from extreme fatigue and weight gain to depression, carpal tunnel syndrome, high blood pressure, fibrocystic breasts and a variety of skin and hair problems.

Hypothyroidism can further cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers. In children, insufficient iodine has been strongly linked with mental retardation,

deafness, attention deficient and hyperactivity disorder and impaired growth, according to studies by Boston University, China's Jiao Tong University School of Medicine and France's National Academy of Medicine.

The answer is simple: Taking the right kind of iodine in the right dosage can rebalance thyroid function and restore health to the thyroid and the whole body.

Reasons Behind Iodine Deficiency

Radiation: Almost everyone is routinely exposed to iodine-depleting radiation emitted by cell phones, Wi-Fi, microwave ovens and other electronic devices.

Iodized table salt: The human body cannot utilize the iodine added to this product.

Low-sodium diets: Failure to use healthy salts to fulfill sodium requirements, plus over-

use of zero-nutrient table salt in foods, leads to iodine depletion.

Bromine: This toxic chemical overrides iodine's abilities to nourish the thyroid, adrenal and other hormone-producing glands. A known carcinogen, it is used as an anti-caking ingredient found in almost all baked goods, unless the ingredients specifically cite unbromated flour.

Iodine-depleted soils: Due to poor farming techniques, iodine and other minerals in soil have declined, so most foods today are devoid of naturally occurring iodine.

Proper iodine supplementation with a high-quality product like *Natural Awakenings Detoxified Iodine* can prevent harm by protecting the thyroid and other endocrine glands and restoring proper hormone production.

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Almost everyone is routinely exposed to iodine-depleting radiation emitted by cell phones, Wi-Fi and microwave ovens.

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TREKKING AS PILGRIMAGE

A Literal Path to Personal Growth

by Sarah Todd



For more than a millennium, seekers have made spiritual pilgrimages on the Way of St. James, beginning at their chosen point in Europe, winding westward and ending in the Spanish city of Santiago de Compostela. Today, as portrayed in the 2010 movie, *The Way*, the core route continues to attract both secular and devout trekkers. It's fair to say that every pilgrim derives something from the journey, although it's not always what they expect.

Alyssa Machle, a landscape architect in San Francisco, imagined that walking The Way would be a quietly contemplative and solitary experience. Instead, she spent weeks bonding with fellow trekkers: an Ohio schoolteacher trying to decide whether to become a Catholic nun, and a German woman in her 30s unsettled by falling in love with her life partner's best friend, a war veteran in his 70s.

"Inevitably, each person had some internal battle that he or she hoped to resolve," Machle found. "My own ideological shift was about setting aside preconceived ideas about how I would experience the path, and focusing my energy on the community that I suddenly was part of."

The diverse goals of the people Machle met on The Way speaks to the power of adventurous treks. From the Bible story of Moses and the Israelites crossing the desert for 40 years to young Fellowship of the Ring members hiking around Middle Earth, we like the idea of walking long distances as a way to get in touch with ourselves—and often with something larger. In America, there are as many trails to hike as there are reasons to do it.

For Cheryl Strayed, author of the 2012 bestselling mem-

oir, *Wild*, hiking the Pacific Crest Trail at age 26 allowed her innate courage to blossom. A rank novice, she took to the trails solo, grieving the early death of her mother, and discovered a new kind of self-reliance. "Every time I heard a sound of unknown origin or felt something horrible cohering in my imagination, I pushed it away," Strayed relates. "I simply did not let myself become afraid. Fear begets fear. Power begets power. I willed myself to beget power. It wasn't long before I actually wasn't afraid."

Other people on such journeys are inspired by their love for the environment, like Zen Buddhist priest and retired psychotherapist Shodo Spring, leader of this year's Compassionate Earth Walk, a July-through-October protest of our nation's dependence on fossil fuels. It has engaged a "moving community" of shared prayers, meditation and yoga along the path of the pending Keystone XL pipeline from Hardisty, Alberta, Canada, to Steele City, Nebraska.

Spring emphasizes that the walk is intended to connect participants to the land and the people that live on

TIPS FOR A LONG TREK

by Sarah Todd

Pack light. In long-distance hiking, every ounce counts. Try to make sure everything in the backpack has at least two uses: socks that double as mittens or a fleece that transforms into a pillow.

Get in shape. Walk two hours a day in preceding months to help train for lengthy days on foot. Do a few test walks loaded with gear to see what it's like to carry that amount of weight before hitting the trail.

Prepare for foot care. Expert trekkers smear jelly-like products like Wixelene on their feet before putting on their socks to help prevent blisters. It also soothes chafing and offers foot relief at the end of a long day's hike.

Plan meals beforehand. Measure out all the ingredients for a healthy menu plan and put them in lightweight bags to allow the exact right amount of food needed—no more, no less—for the long haul between provisioning stations (local accessible towns and holding spots for pre-shipped boxes).

TAPPING (EFT) WORKSHOP



Dr. Len Fellez, Best-selling author and Tapping (EFT) practitioner, will be presenting a

HALF-DAY WORKSHOP

in Renton, WA on

Friday, October 25, 2013.

The workshop will provide all health-care professionals and those interested in learning EFT with the necessary skills to incorporate Tapping into their practice or lives.

All participants will receive Dr. Fellez' latest book: *THE MIRACLE OF TAPPING: Freedom From Stress, Anxiety, Chronic Pain, Depression, Addiction, Fear, Phobias*. Permanently from \$50.

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Registration required. Cost: \$75 before Oct. 19; \$100 after the 19th.

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it. "We're going to small towns," she says, "where many residents make their livelihoods from oil. There's a deep division between such people and our group. But when we listen to each other, that division gets healed."

Activist David Rogner says that long-distance walks don't just raise awareness of political and social issues—they also give people hope. He spent 25 months walking across the United States in the first coast-to-coast roadside litter program, Pick Up America.

"As we walked and picked up trash, we inspired people to believe there could be change," he says. His trek gave him hope for his own future, too. He now believes, "If you commit your life to the healing and restoration of community and yourself, you are going to be wholly provided for."

Whatever the purpose, there are many scenic long-distance walking trails to choose from. The Pacific Crest Trail, from the U.S.-Mexico border in Southern California to the uppermost reaches of Washington State, offers stunning views of the Sierra Nevada and Cascade mountain ranges. The Appalachian Trail, which winds 2,200 miles between Georgia and Maine, provides 250 shelters and campsites. In Wisconsin, the 1,000-mile Ice Age Trail offers awe-inspiring views of glacial landscapes. Starting in North Carolina, the Mountains-to-Sea trail extends from the Great Smoky Mountains to the crystal-blue waters of the Outer Banks. In Missouri, the Ozark Trail sweeps through mountains, lush valleys and tumbling waterfalls. Plus, overseas trails await, as well.

Sarah Todd is a writer and editor in Brooklyn, NY. Connect at SarahToddLink.com.



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recipe photos by Stephen Blum, et

Ancestral Diets

A Lighter Shade of Paleo

by Sayer Ji and Tania Melkonian

Vegetarian Awareness Month provides a timely opportunity to realize that a plant-focused diet does not derive exclusively from plants. Just as a carnivore does not subsist on meat alone, the same applies to a vegetarian.

What can we learn from our Paleolithic, or Stone Age, ancestors? The recent trend toward recreating a Paleolithic diet emphasizes the importance of vegetable nutrition to prehistoric communities, correcting the misperception that they were primarily meat-eaters.

The original Paleo diet, before the advent of agriculture, reflected the hunting and gathering of lean meats, fruits, vegetables, nuts and seeds, and

was absent of grains, dairy, starchy foods, sugar and salt. Today's updated version might comprise foods naturally available and/or abundant before the cultivation of food in gardens, crops and livestock.

Loren Cordain, Ph.D., author of *The Paleo Diet* and Nutritionist Nora Gedgaudas, author of *Primal Body, Primal Mind*, each contest the premise perpetuated by many in the weight-loss industry that fat, especially naturally saturated fat, is unhealthy. Those same proponents that maintain low-fat/non-fat food is a panacea for modern illnesses also purport that cholesterol is the chief cause of heart ailments.

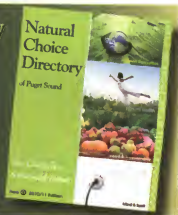
Gedgaudas writes that the diets of

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hunter-gatherers inhabiting varied landscapes, from the Inuit of the north to tropical forest hominids, included large amounts of fat and cholesterol, which is essential to maintaining cell membranes and regulating hormones. She points out that obtaining cholesterol from food is necessary to augment the liver's function of creating cholesterol internally.

Cordain agrees that even saturated fats in meats can be beneficial, providing the animals are grass-fed, lean and live in clean surroundings. He emphasizes, however, that when our prehistoric ancestors ate fat, they did not also eat grain carbohydrates, sugar and salt, and contends that it is these components, not meat, that can be detrimental to the body.

Doctor of Naturopathy Maureen Horne-Paul adds that organic, lean and game meats are exempt from the acidity inherent in corn-based animal feed. Plus, "When an animal is insensitively confined and killed, stress hormones are released that result in acidity. So, we are changing our pH from a healthy alkaline state to a more acidic condition when we consume meat from conventionally raised animals."

Scientific studies published in the *Journal of Gluten Sensitivity*, *Medical Hypotheses* and by the Mercola group attest to key problems related to human consumption of grains. Anti-nutrients such as phytic acid in grains lead to the poor absorption of minerals and related deficiencies. Improper absorption of dietary protein caused in part by enzyme inhibitors in grains also tends to damage the pancreas. Individual sensitivities to proteins in specific grains can further interfere with functioning of the neuroendocrine system and subsequent emotional difficulties like addiction and depression may arise. All of these difficulties have been exacerbated by irresponsible prenatal diets that have made

younger generations extra-sensitive to the challenges posed by grains to the human system.

While Cordain doesn't recommend dairy, Gedgaudas suggests organic or raw milk products, provided they retain their full fat content and come from grass-fed cows. She reasons that the presence of the anti-carcinogenic fatty acid conjugated linolenic acid (CLA) and the Wulzen factor anti-stiffness agent in the fat benefit joint lubrication.

Experts suggest that the dietary formula established by our prehistoric ancestors can be the foundation for a

modern-day, healthy, non-confining, creative eating experience. We can exchange grains for quinoa, amaranth and buckwheat (not technically grains at all), and include tubers and legumes, due to their folate and protein content. Blue and sweet potatoes also contain high levels of anthocyanins and potassium. Nearly every category of food, in the proper amounts, can be part of such a balanced diet.

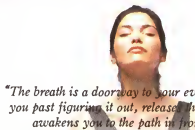
When we explore what makes sense and eat clean and natural foods, we have a good chance of finding our body's own sweet spot.

Sayer Ji is the founder of GreenMed Info.com and an advisory board member of the National Health Federation. Tania Melkonian is a certified nutritionist and healthy culinary arts educator. Learn more at GreenMedInfo.com.



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Paleo Menu Recipes

by Tania Melkonian



Kale Wraps

1 head kale (suggest cavolo nero or dino kale)
1 bell pepper, sliced into julienned strips
1 avocado, julienned
3 oz grass-fed sirloin, grilled to medium and julienned
Chili flakes and cumin to taste

Wash and dry kale.

Hold the blade of a long chef's knife along the rib of the kale leaf and pull

the leaf away from the rib. Repeat on the other side of the leaf to produce two long flat wraps. Set aside the ribs for stock.

Bring a pot filled with 2 cups of water to a rolling boil. Lower the heat to simmer and set a metal colander inside as a steamer basket so it sits on top of the water, not immersed.

Line the colander/basket with the kale "wrap" leaves. Cover and steam for 3 minutes until the leaves are just wilted.

Remove basket from heat and lay out leaves on a clean work surface, lined vertically.

Stack 1 slice meat, 1 slice avocado and 2 slices pepper horizontally near the edge of a leaf. Add cumin and chili flakes and roll leaf away from the cook into a wrap. Repeat with all leaves.

Curried Carrot Soup

2 Tbsp ground turmeric
1 tsp ground cumin
1 cup diced onions
3 Tbsp curry paste
2 cups coconut milk
2 cups vegetable broth
1 Tbsp coconut oil
1 stalk lemon grass
3 leaves Kaffir lime
1 cup diced carrots
1 cup finely chopped red pepper

Set a heavy-bottomed pot on medium heat. Add turmeric and cumin, to toast. Add oil and stir to combine with spices. Add onions; sweat to cook until translucent, but not browned.

Add curry paste and stir. Add coconut milk and vegetable broth and bring to a boil.

With the back of a knife, bruise the lime leaves and lemongrass stalk.

When the stock comes to a boil, reduce to medium heat and add leaves, add half of the carrots and stalk. Cover and simmer for 30 minutes.

Remove from heat, cool and then remove leaves and stalk; blend soup until smooth.

Return soup blend to pot, add peppers and the rest of the carrots and then simmer on low heat for 40 minutes.

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SCARY YOGA

Step Out Of The Comfort Zone

by Andrea Blair Cirignano

It's the time of year in Seattle when the weather changes and people start to move their workouts indoors. Both these shifts make it a great time to try out yoga. For a new yogi, any pose can seem daunting or 'scary,' but no matter your level of experience, there are always new ways to spook yourself on the mat.

Stepping out of your comfort zone is not just a great way to give yourself a scare in the spirit of Halloween. This is what helps yogis progress in challenging areas, stay interested in the practice and have fun. Here are a few frightening Halloween yoga tips:

1. Go dark (close your eyes) in balance poses. If this is too far out of your comfort zone or you fall instantly, stand near a wall while taking the extra challenge. Remember that falling out of a pose is a great sign that you're getting a challenge. You can always get back in!
2. Take flight in an arm balance. Arm balances look impossible to a newbie but, just like anything, take it one step at a time. Even if you don't actually lift the feet, you are still gaining muscle memory, making progress and getting used to having weight under the hands. Work on core strength to make arm balances easier and easier.
3. Drop-in to a new class. If you are a yoga novice, just trying out any class can be a big step. If you are an experienced practitioner, try a new teacher or style. If you are a home practitioner, try a studio class and vice versa.
4. Move your mat. Sometimes, just placing your mat in a new place in your house or in your yoga class will change your point of view and experience in class.

Try any or all of the above for a new spin on your yoga practice this season.

Writer Andrea Blair Cirignano is a local yoga instructor with a journalism background. Her articles highlight the pairing of this ancient practice with a modern Pacific Northwest lifestyle. Find out more about Andrea at ABCYogi.com.



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calendar of events

NOTE: All Calendar events must be received by the 12th of the month prior to publication and adhere to our guidelines. Email Calendar@SeattleAwakenings.com for guidelines and to submit entries. Alternatively, visit SeattleAwakenings.com to submit online.

WEDNESDAY, OCTOBER 2

Celebrate Breast Health Awareness - 9:30am - 5:30pm. To celebrate breast health awareness **Bras Thermography** in Issaquah invites people to enjoy 15 minutes on a BioMat for a \$3 suggested donation to the United Breast Cancer Foundation. Check anti-oxidant levels for \$10 (\$5 donated to UBFC) from 10am-2pm, as seen on Dr. Oz. Receive a free Liv Breast Self-Exam Aid with anti-oxidant scan (while supplies last). Find out everything needed to know about thermography breast and body screening. BrasThermography.com.

Your Body Reveals: Awaken to Your Truth - October 2 & 3, 6-9pm. Symptoms, illness and disease are a wake-up call. Learn how to break through from blocked emotions, thought patterns and beliefs that manifest in unhappiness, illness and disease. Explore the deeper truth of what body symptoms are telling. \$95-\$105. Bastyr University, 14500 Juanita Dr NE, Kenmore. Registration required. 425-602-3152. Bastyr.edu/Continuing-Education.

Special Mark Laliberte Presentation - 7pm. Promoting cost effective solutions to lower energy use, improve indoor air quality and create safer more durable buildings. Free. 6532 Phinney Ave N, Seattle. MarkLaliberte.eventbrite.com

Yappy Hour - 7-8pm. Every Wednesday. An evening for a small dog playgroup. 40 pounds and under welcome. Free. 114 N 36th St, Seattle. 206-632-4567. Heather@petapaluza.com.

THURSDAY, OCTOBER 3

No Pain: Anti-Inflammatory & Analgesic Essential Oils - 6-9pm. The well-documented anti-inflammatory properties of essential oils have proven successful in relieving arthritis pain, headaches, skin irritation and muscle aches. Create powerful essential oil formulas that combine analgesic properties with anti-inflammatory, antioxidant and stress reducing action for effective pain relief. \$55-\$65. Bastyr University, 14500 Juanita Dr NE, Kenmore. Registration required. 425-602-3152. Bastyr.edu/Continuing-Education.

FRIDAY, OCTOBER 4

Aromatherapy & Essential Oils - Foundations - October 4-6. Essential oils are nature's powerful healing tools from plants around the globe. Explore their holistic and therapeutic function in cosmetic ingredients and beauty treatments, quality control issues, and best practices in developing formulations for professional and personal use. \$355-\$395. Bastyr University, 14500 Juanita Dr NE, Kenmore. Registration required. 425-602-3152. Bastyr.edu/Continuing-Education.

Men's Yoga and Healing Retreat Retreat - October 4-6. With Rene De Los Santos and Navin Kulshreshtha. Hike, practice yoga, join playshops, and experience connection and fun. \$275 includes all classes, healthy meals and rooms. Methow Valley, Skagitline, Carlton. Registration required. 425-303-8150. HolmanHealthConnections.com.

Understanding Personal Energy - With Heidi Gribble LMP and Jesse Goldman PhD. A tool kit for transformation. Increase awareness of how you use energy, where you block energy, and areas in the body that you are unable to access energetically. Class will be held once a month for 2 years. \$175/month. Good Shepherd Center, 4649 Sunnyside Ave N, Ste 400, Seattle. Registration required.. 510-559-0867. Dara.Azimov@gmail.com.

SATURDAY, OCTOBER 5

Live Your Passion Retreat - 8:30am-4:00pm. Live Your Passion is a one-day immersion into life's goals, purpose and passion. Join award-winning writer, speaker and radio host, Stacie Zinn Roberts, to gain clarity through meditation, create a life vision statement, learn about journaling and harness the power of positive self talk. \$95. Waterfront Lodge at Thousand Trails, 16362 Snee Oosh Rd, LaConner. Registration required. 360-941-4595. WhatsYourAvocado.com.

Challenges Can Become Easier: A Neurodevelopmental Perspective - 2-3:30pm. With Peg Simon. When daily life isn't easy to manage, school, work, and social relationships become

harder, too. When the cry is, "It's too hard!" it may be time to look at neurodevelopmental factors involved. Handle® is an effective, non-drug, holistic therapy. Free. The Shoreline Library, 345 NE 175th, Shoreline. Registration required. 425-778-3082. Handle.org.

WEDNESDAY, OCTOBER 9

Breath Series - October 9, 16 & 23. 6:15-8:15pm. The Breath Series is the opportunity breathe with a small group of people: learn about breath patterns, increase breath capacity, clear past traumas and stagnant energy. Support health, vitality and inner peace by working on breath, the fundamental building block of life. Prerequisite, Breath Session. \$150. 1415 NW 70th, Ste 200, Seattle. Registration required. 206-769-0040. BreathingMandala.com.

THURSDAY, OCTOBER 10

Women's Breath Series - October 10, 17 & 24. 9:45-11:45am. The Breath Series is the opportunity breathe with a small group of people: learn about breath patterns, increase breath capacity, clear past traumas and stagnant energy. Support health, vitality and inner peace by working on breath, the fundamental building block of life. Prerequisite, Breath Session. \$150. 1415 NW 70th, Ste 200, Seattle. Registration required. 206-769-0040. BreathingMandala.com.

How Naturopathic Medicine Can Help You - 5-8pm. Dr. Emily Lesnak, a naturopathic doctor at Bastyr Center for Natural Health will explain the different ways naturopathic medicine can benefit one's entire family. Informational event 5-6:30pm, talk 6:30-8pm. Free. Bastyr Center for Natural Health, 3670 Stone Way N, Seattle. 206-834-4100. BastyrCenter.org/content/view/2726.

Baby Diaper Service 101 - 6:30-7:30pm. Presenting the ins and outs of diaper service, share best practice cloth diapering techniques and educate expectant parents on the health and environmental benefits of cloth diapers. \$10/family, free to existing customers. Parent Trust for Washington Children, 2200 Rainier Ave S, Seattle. Registration required. 206-634-2229. BabyDiaperService.net/BabyDiapering-101.

FRIDAY, OCTOBER 11

Matrix Energetics Seminars - October 11-14, Fundamentals. October 15-16, Practitioner Certification. Matrix Energetics is a powerful "consciousness technology" that provides for instantaneous and lifelong transformation at the physical, mental, emotional, and spiritual levels. DoubleTree Seattle Airport, 18740 International Blvd, Seattle. MatrixEnergetics.com.

SATURDAY, OCTOBER 12

FREE Ayurveda Community Fair - 10am-4pm. Mini workshops with area practitioners. Sunset Hill Community Association, 3003 NW 66th St, Seattle. AyurvedaWama.com/events.



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Ocean Shores Beach Blast – 10am. Presented by New Feminine Paradigm. Regain feminine power and step into the life of one's dreams. Day includes 4 hour class divided into 2 segments. Women 18+ only. \$75. Quality Inn Conference Room, Ocean Shores. 360-269-4955. Registration required. Facebook.com/NewFeminineParadigm.

Raw Food Cuisine for Abundant Health, Vitality & Longevity – 11am-4pm. People who eat a diet high in raw foods experience numerous health benefits including increased energy, weight loss, and weight maintenance. Learn simple ways to add clean, raw food to one's lifestyle and apply that knowledge in a practical manner while working hands-on with fresh, living foods. \$65-\$85. Bastyr University, 14500 Juanita Dr NE, Kenmore. Registration required. 425-602-3152. Bastyr.edu/Continuing-Education.

Yogasana Intensive #2: Developing Strength and Stamina Through Yoga Practice – 1:30pm-4:30pm. The Yogasana Intensives are a series of 9 workshops designed to explore the physical, astral, and causal aspects of yoga postures. Appropriate for all levels of experience, each workshop picks up the thread of Hatha Yoga from a specific topic and typically consists of a brief discussion of the topic, an asana and pranayama routine, and a meditation session. \$50, multi-workshop discounts available. Ananda Meditation Temple, 23305 Bothell-Everett Hwy, Bothell. Registration required. 425-806-3700. AnandaWashington.org.

WEDNESDAY, OCTOBER 16

Vegetarians of Washington Monthly Dining Event – 6:30pm. One does not have to be a vegetarian to enjoy delicious vegetarian food. Enjoy a gourmet, multi-course vegetarian dinner catered by a different restaurant or chef each month, hear an insightful speech on a key vegetarian topics and meet lots of interesting people. Children are welcome. \$15 plus tax for members, \$20 plus tax for guests and non members. The Mount Baker Club. Registration required. 206-706-2635. VegOfWa.org/monthlydining.aspx.

SATURDAY, OCTOBER 19

The Garden as Healer: Preserving Biodiversity

by Growing At-Risk Medicinal Plants – 10am-5pm. The best food and medicine is that which is grown by one's self. Spend the day learning how to cultivate some of the most important and useful medicinal plants for one's own garden. \$50-\$85. Bastyr University, 14500 Juanita Dr, Kenmore. Registration required. 425-602-3152. Bastyr.edu/Continuing-Education.

Preventing Sports Injuries with Natural Medicine – 10:30am-12pm. Whether training for a marathon or just want to be able-bodied enough to take brisk walks, avoiding injuries is key to keeping one's self in top physical shape. Learn how naturopathic medicine including such techniques as soft-tissue manipulation, muscle-stretching, hydrotherapy, peat baths, and more, can help improve performance and well-being. Free. Bastyr Center for Natural Health, 3670 Stone Way N, Seattle. 206-834-4100. BastyrCenter.org/content/view/2725.

One Year Anniversary Celebration! – 1-3pm. Bring the whole family to join Laurel Natural Medicine in celebrating our one year anniversary. Featuring specialty teas and organic snacks, story time, great door prizes and a 20% off coupon for a 30-minute massage or coupon for a free B12 shot to the first 50 attendees. Free. Laurel Natural Medicine, 9827 NE 120th Pl, Kirkland. 425-814-0202. LaurelNaturalMedicine.com.

SUNDAY, OCTOBER 20

Breath and Sound Healing Introduction – 5-7pm. The Breath Introduction is the forum for new people to learn about the importance of breath, and seasoned breathers can drop into the connected breath. Enjoy a full breath session while bathed in the healing sounds of the Tao Lyres and metal gongs. Lyres have been used for healing since ancient Egypt. The harmonic tones create a natural resonance for relaxation and healing. \$40. Soma Yoga Studio, 1423 NW 70th St, Seattle. Registration required. 206-769-0040. BreathingMandala.com.

THURSDAY, OCTOBER 24

Laser Reiki Workshop – October 24-27. Learn techniques to attract health and wealth with ease for one's self and others and more. Reiki Ranch,

Chehalis. 360-748-4426. ReikiRanch@gmail.com. LaserReiki.com.

Transcendental Yoga Retreat with Jamie – October 24-30. Join Jamie Eversweet Belmarz for an amazing yoga vacation adventure on the north shore of Hawaii's Big Island. Be immersed in a physical and spiritual yoga retreat experience. Explore ancient valleys and coastal trails as well as an organic spa and salt-water infinity pool. Enjoy organic homemade cuisine and take a walk through fruitful sustainable orchards and gardens. Hawaii Island Retreat, 250 Lokahi Rd, Kapauu. Registration required. 808-889-6336. Info@HawaiiIslandRetreat.com.

FRIDAY, OCTOBER 25

Fall Retreat to the Heart of Silence – October 25-26. Enjoy time for silence, contemplation, karma yoga, chanting, meditation and yoga postures in the peaceful setting of Ananda Community in Lynnwood. Participate in meditations, music, hatha yoga, outdoor activities & delicious vegetarian meals. Both new and experienced meditators are welcome, with optional instruction offered. Retreat prices include meals and all activities. Ananda Community, 20715 Larch Way, Lynnwood. Registration required. 425-806-3700. AnandaWashington.org.

Igniting the Flame of the Heart: Experiencing the Enneagram through the Dances of Universal Peace – October 25-26. This workshop focuses on the Enneagram of the Virtues, as experienced through the medium of the Dances of Universal Peace. Facilitators: N'Shama Stirling, Renie Hope, Alia Calendar. \$125 before October 11, \$140 after. M'illumino, 6921 Roosevelt Way NE, Seattle. Registration required. LifeMuse@comcast.net.

Tapping (EFT) Workshop – With Dr. Len Fellez. Learn EFT with the necessary skills to incorporate Tapping into one's practice or lives. Includes Dr. Fellez's latest book, *The Miracle of Tapping*. \$75 before October 19, \$100 after. Renton. Registration required. 206-755-4737.

SATURDAY, OCTOBER 26

Introduction to Foot Reflexology: A Couples

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classifieds

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EVENTS

FREE Ayurveda Community Fair – October 12, 10am to 4pm. Mini workshops with area practitioners. Location: Ballard - Sunset Hill Community Association, 3003 NW 66th St, Seattle. AyurvedaWama.com/events.

MESSAGE

Tui Mulin LMP – Licensed Massage Practitioner has ten years experience integrating Swedish, Shiatsu, Acupressure, Acutonics and herbal therapies in the Seward Park Area. Schedule an appointment at 606-721-1165. MA18798.

QIGONG

Five Mountains Institute of Qigong and Taijiquan – Live Healthier. Sustain Vitality. Classes in Embracing the Taoist Tradition. Dennis Sharp, Certified Instructor. 6532 Phinney Ave N, Seattle. 425-775-9696. FMI-Qigong.com.

REIKI

Transform your life with Reiki! \$20 off your first Reiki visit or class. 206-285-8350. QueenAnneMassage.com.

Workshop – 10am-4:30pm. Reflexology is an ancient healing art that uses manual pressure applied to specific areas on the feet, hands and ears. It is a powerful modality that is used to promote balance within the body and it can be learned by anyone. It also promotes communication and closeness within relationships. \$149/couple. Bastyr University, 14500 Juanita Dr NE, Kenmore. Registration required. 425-602-3152. Bastyr.edu/Continuing-Education.

Seattle Shakuhachi Matsuri – 10am-6:30pm. Celebrate the heritage of the Japanese bamboo flute. Free demonstrations and afternoon concert and a separate \$15 ticketed event at 5pm. Japanese Community & Cultural Center, 1414 S Weller, Seattle. Hakakumei.org.

Deva Premal & Miten and GuruGanesha Band – 7pm. Also with Manose, Maneesh de Moor and Hans Christian. \$30-\$108. The Center for Spiritual Living, 5801 Sand Point Way NE, Seattle. Tickets: BrightStarEvents.net.

SATURDAY, NOVEMBER 2

Relieve Stress During the Holidays and Beyond – 10:30am-12:00pm. The holidays are supposed to be the most wonderful time of the year, but for many, obligations to work, family and friends have turned them into the most stressful time of the year. Join us for a free talk to learn healthy tips to help put the holiday focus back on fun and even relaxation. Free. Bastyr Center for Natural Health, 3670 Stone Way N, Seattle. 206-834-4100. BastyrCenter.org/content/view/2722.

FRIDAY, NOVEMBER 8

Wellness Weekend: DIY Health Care – November 8-10. A weekend exploring the idea of food as medicine, combining foods and herbs to discover the medicine right in our own kitchen. Twice daily yoga practice, herbal discussion, sauna time, fresh air and silence all nourish while re-discovering radiant health. \$275 by October 25, \$310 after. Skatitute Retreat, 302 Smith Canyon Rd, Carlton. Registration required. 509-997-1032. Skatitute.com.

save the date

WEDNESDAY, NOVEMBER 13

Experience Breema Book Release – 7-8:30pm. Free. East West Bookshop, 6500 Roosevelt Way NE, Seattle. Breema.com.

FRIDAY, NOVEMBER 15

Breema Intro Evening – 7-8:30pm. With Roxanne Caswell and Birthe Kaarsholm. Free. M'illumino, 6921 Roosevelt Way NE, Seattle. Breema.com.

Tantra 1 for All Genders – November 15-17. Utilize the ancient set of sacred principles and practices. Come explore and enhance erotic capabilities. Deeply connect with one's partner. Explore the healing connecting between sex and spirit. \$595 (scholarships available). Seattle. Registration required. 253-271-8424. NWAllGender@b-e-school.com. TheBodyElectricSchool.com.

SATURDAY, NOVEMBER 16

Breema Workshop – November 16-17. \$100-\$200. M'illumino, 6921 Roosevelt Way NE, Seattle. Breema.com.

Certified Life Coach – November 16-17. Become a certified life coach or executive coach in this 2 day intensive course. 866-455-2155. ABe@CertifiedCoachesEducation.com.

SATURDAY, DECEMBER 14

Free Reiki I Certification – Learn Reiki for one's self or to help others. Free. Reiki Ranch School. Call for directions. Chehalis. Registration required. 360-748-4426. ReikiRanch@gmail.com.

Become a Reiki Master – December 14-15. Take the full Reiki I, II, III courses and become a Reiki Master. \$200. Reiki Ranch School, Chehalis. Registration required. 360-748-4426. ReikiRanch@gmail.com.

SATURDAY, JANUARY 18

Revitalize Your Life - Holistic Health Retreat – January 18-23. Lodging, meals, classes, workshops, group excursions and personalized health assessments included. \$1995. L'Auberge de Sedona Resort and Spa, 301 L'Auberge Lane, Sedona. Registration required. 714-465-9045. LimeAndLotus.com.

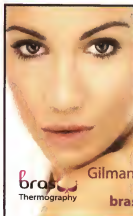
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